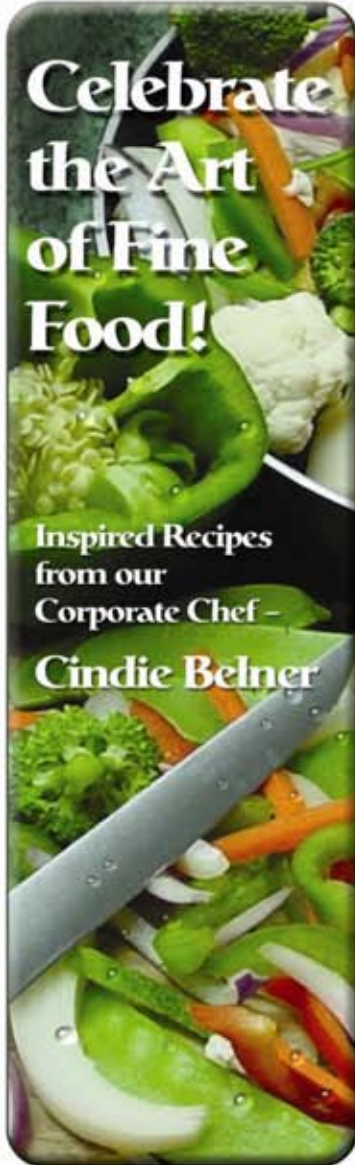


Cindie Belner
Corporate Chef
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Kale, Lentil, and Sausage Soup

Ingredients:

2 lb. smoked kielbasa, sliced thin #1906981
4 teaspoons vegetable oil
8 garlic cloves minced
6 cups of thin sliced onions #6519623
2 cups of lentils, picked over
6 cups of water
6 cups of chicken broth
8 cups Kale #9917261 chopped (after center & stems are removed)
4 tablespoons Balsamic vinegar

1. In a heavy pan brown sausage over medium heat and transfer to paper to paper towel to drain.
2. In the same pan add vegetable oil and garlic, cook till golden then Add onions stirring until softened.
3. Add water, broth, lentils, and sausage simmer covered for one hour.
4. Add kale, simmer, uncovered, until tender, about 8 to 12 minutes.
5. Add vinegar and salt and pepper to taste.



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For Questions or Additional Information:

G.O. Fresh Chef Cindie Belner has cooked up a wealth of menu ideas and recipes to help inspire busy chefs. Contact Cindie for other creations designed to help foodservice operators succeed with customer-pleasing taste sensations. Call 1-800-328-0797, or send an email to cindie@gofresh-precut.com and start receiving her fresh, new recipes automatically.